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NEWS
WORTH
SHARING.



Man charged in student text-threat case

Two local schools were placed on hold and secure

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Rangers dethrone Kings, for now

N.Y. nips L.A. in Game 4 of the Stanley Cup final

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Apple juice with a kick

These artisanal ciders are worth a taste

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IT'S SANDRA'S SUMMER

THE AFF'S OUTDOOR FILM FESTIVAL INCLUDES FIVE OF BULLOCK'S FLICKS

PAGE 5

ALL HAIL THE QUEEN

Metro Transit's newest ferry, the Christopher Stannix, makes its way across the Halifax Harbour in front of the Queen Mary 2, which was visiting for the day on Wednesday. The Queen Mary 2 will make five different visits to Halifax during the cruise-ship season.

JEFF HARPER/METRO



World Cup fever set to strike

Tournament to end all tournaments. Halifax bars, festival looking to cash in

Flags of all colours will be flying across Halifax as the 2014 World Cup opens in Brazil on Thursday.

In a multicultural city such

as Halifax, fans of countries from around the world will flock to the closest screen to catch the games.

The tournament can also be a boon for local businesses. Soccer fans have a reputation for being a bit wild and crazy, a perfect recipe for Halifax bars looking to cash in on the soccer mania.

"Last time, we had people in here with face paint,

scarves and horns. It'll be packed," said Woody Menear, general manager of Bubba Ray's Sports Bar.

The 32-team tournament will open with host Brazil taking on Croatia and will wrap up on July 13.

While Menear is an Italy fan, he said England, Spain, Portugal and the Netherlands tend to draw the biggest crowds.



"England versus Spain would be a dream final for me from a business perspective," he said. "I wouldn't be too happy personally, but it would be great for business."

Organizers of the Nova Scotia Multicultural Festival, which runs June 15 to 22, are also looking to take advantage of the World Cup by offering everything from

Mexican beer to Chilean wine at the alcohol tent.

"We knew the World Cup would be going on during the festival and we thought it would be a great way to keep people around," said Wayne Clegg, the festival's support administrator.

"Normally we just have Canadian beer, but wanted to offer more multicultural options to coincide with the World Cup."

Given the World Cup features the planet's most popular sport and comes around only once every four years, it should come as no surprise that it's one of the biggest events on the sports calendar.

"We're expecting it to be absolutely crazy in here," Menear said. **BRAEDON CLARK/FOR METRO**

EXCITED FOR THE WORLD CUP? METRO'S GOT YOU COVERED. SEE PAGE 9 FOR MORE.

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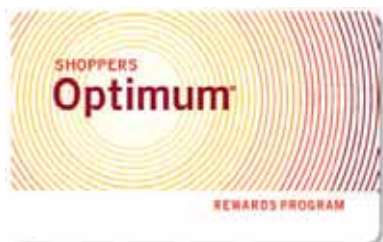


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Police respond after teen receives threatening text



Halifax Regional Police spokesman Const. Pierre Bourdages speaks to reporters outside the Dartmouth Metro Transit terminal on Wednesday in relation to a threatening text at a nearby school. JEFF HARPER/METRO

Hold and secure.
Officers descend on two Dartmouth schools



HALEY RYAN
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Two Dartmouth schools were put in a hold-and-secure pattern Wednesday morning after police received a report of a threat against a student, but a suspect was arrested without any weapons being found.

Halifax Regional Police spokesman Const. Pierre Bourdages said officers responded after a female student at Dartmouth High School received a threatening text message. Another student then alerted administrators, who contacted police.

Dartmouth High School was put in the hold-and-secure pattern for about 30 minutes. Nearby Bicentennial School was closed for about 10 minutes as police sought a specific person who was later arrested on Main Street in Dartmouth.

Not a classmate

Halifax Regional School Board spokesperson Doug Hadley said the 18-year-old charged is not a student at Dartmouth High School.

"There was no indication that the suspect was ever around the school," Bourdages said.

The 18-year-old was arrested around 11:15 a.m. and has been charged with public mischief and will appear in court at a later date.

Bourdages said this is the fourth suspicious incident in the last week, alongside the Public Gardens lockdown and a man with a gun reported in Burnside, but "people are doing the right thing" by reporting what they observe.

While in the hold-and-secure pattern no one was allowed to enter or exit the schools, but classes continued as normal inside. **WITH FILES FROM BRAEDON CLARK/FOR METRO**

1 NEWS

Guilty verdict for man who left dog in car

A representative of an animal welfare group doesn't think the sentence will be worth the life of the dog, but Scott Saunders of People for Dogs said he hopes the judge "hands the book" to a Lunenburg man found guilty of failing to provide his dog with reasonable protection from injurious heat.

Jason Remail, 37, stood trial in Kentville provincial court on Wednesday on the charge laid under the Animal Protection Act of Nova Scotia.

The Kings RCMP responded to two calls about a dog in distress in Wolfville on July 21, 2013. A member of the public found the pet in a Volkswagen in a parking lot on the Acadia

University campus. A police investigation was conducted in collaboration with the Nova Scotia SPCA.

Saunders said he was surprised Remail fought the charge. He said he hopes the maximum sentence will be handed down.

Saunders said he doesn't understand why, as the court

heard, Remail put his Portuguese water dog, Jackie, back in the car after having it out during an earlier lunch break. Saunders said Remail was attending a "dog friendly" event at the K.C. Irving Centre.

Remail will be sentenced in Kentville provincial court on June 25.

KING'S COUNTY REGISTER



Jason Remail covers his face after leaving court. KING'S COUNTY REGISTER

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Vote. Park West should stay P-9: Committee

The school board representative for the Park West School area said she was "ecstatic" to hear the Boundary Review Committee voted this week to keep the school as a P-9.

Sheryl Blumenthal-Harrison, the Halifax Regional School Board member for District 6, said Wednesday she was excited to see the BRC had met Monday night and voted to recommend "status quo" for Park West, which meant keeping junior high students instead of transferring them to Clayton Park Junior High.

On June 2, parents and students spoke in front of the committee of volunteer representatives, educators and school board staff to urge them to change their original recommendation of turning

New recommendation

The Halifax Regional School Board is set to hear the committee's new recommendation June 25.

Park West into a P-6 school.

Blumenthal-Harrison said the community had a "huge role" in changing the committee's original recommendation.

"They stand together. They've worked extremely hard, and the (BRC) finally heard," she said, adding safety was a main issue around how far the kids would have to travel to go to the new school, and the busy intersections on Lacewood Drive.

HALEY RYAN/METRO

Collision. Car hits bus carrying young students

A school bus carrying students from Admiral Westphal Elementary School was hit by a car on Barrington Street on Wednesday morning.

There were no injuries and the bus continued to the Discovery Centre as part of a field trip.

There were 37 students and

eight chaperones on board at the time of the accident.

"There was no damage to the bus," said Doug Hadley, spokesman for the Halifax Regional School Board. "It was relatively minor."

The car took off its own side mirror while attempting to pass the larger vehicle. METRO

Wallace Brennan

Police ask for help finding missing man

Halifax police are asking for the public's help finding a missing 62-year-old man.

Police say Wallace Brennan was last heard from at 11 a.m. Wednesday. A couple of hours later, police say his vehicle was found at Crystal

Crescent Beach.

Wallace is described as being about five foot eight, 175 pounds with short grey hair and a beard. He was last seen wearing glasses, a beige leather bomber-style jacket, a button-up shirt, blue jeans and black leather dress shoes. Anyone with information on Wallace's whereabouts is asked to contact police at 490-5020. METRO



Architects of a future farmers' market

School of Architecture masters students Evan Hoyles, left, Fraser Plaxton, Xan Hawes and Noah Jacobson erect a half-size model of a grid shell structure on Wednesday. The structure will eventually be put up in Cheticamp as a farmers market.

JEFF HARPER/METRO

Get them to the Greek Festival

'As local as possible'
Hellenic celebration runs Thursday through Sunday

BRAEDON CLARK
halifax@metronews.ca

Lovers of Greek food and culture will have no shortage of options as Greek Fest kicks off on Thursday.

Established in 1986, the four-day festival is an annual event that celebrates Halifax's Greek community. This year's event will be held Thursday through Sunday at St. George's Greek Orthodox Church and Community Centre.

Attractions at the four-day festival will of course be high-



A performance at last year's Greek Fest. JEFF HARPER/METRO

lighted by the food, but attendees will also be able to sample wine, tour the church and enjoy several dance troupes.

"The fan favourites are always there, of course," said Bessy Nikolaou, a member of the festival's steering commit-

tee. "We are constantly trying to optimize and respond to feedback."

According to Nikolaou, that feedback is often pretty simple: More food. With an average of 12,000 people visiting over the past five years, there are a lot of

stomachs to fill.

"We try to keep everything as local as possible," Nikolaou said. "For example, we get our feta from a supplier in the Annapolis Valley."

With Father's Day falling during this year's festival, dads will get in for free on Sunday.

The festival opens at 4 p.m. Thursday and closes at 11 p.m. on Sunday with a live musical performance. A weekend pass is \$8, while a day pass is \$5. Seniors over the age of 65 and children under 10 are free.

Even with extensive planning, there's one thing that organizers can't control: The weather.

"We like to think that Greek Fest kicks off the summer and we hope that the weather holds up," Nikolaou said. "If it's sunny it will be perfect."



Larry Silver, The China Portfolio: Early Morning, Commuter, 1996, gelatin silver print Kodak Polymax Fine Art paper, 4/50, 27.8X35.2 cm, Gift of Dr. John Krawczyk, New Glasgow, Nova Scotia, 2012

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HALEY RYAN

haley.ryan@metronews.ca

Residents across HRM are in for a summer of sword fights, astronauts, beauty pageants and football as the Outdoor Film Experience brings thousands of movie lovers out of the house and under the stars.

On Wednesday, the Atlantic Film Festival announced its lineup for the 14th annual series of free outdoor films, including five Sandra Bullock hits at the Halifax waterfront's Tall Ships Quay for the Summer of Sandra.

"We've upped our game quite a bit," said festival executive director Wayne Carter, noting this summer will feature a record 15 screenings.

Carter said Bullock was in the running a year ago but hadn't made that "colossally big film" they wanted to launch the summer until Gravity.

"This is a challenge we have with Hollywood," Carter

Summer of Sandra	
• July 18:	Gravity
• July 25:	The Blind Side
• August 1:	Miss Congeniality
• August 8:	Speed
• August 15:	People's choice vote between While You Were Sleeping, Two If By Sea, Two Weeks Notice and The Proposal

said. "There are not a lot of big-star females that basically are at the forefront of ... more mainstream blockbuster kind of films.

"Sandra Bullock is the one that's really changing that."

Carter said the energy of over 1,000 people laughing and reacting to the same movie is so unique, "you can't put it into words. You have to experience it."

The festival's Rose Zack said it's "surprisingly challenging" to pick an actor with a career long enough to offer five movies all ages can enjoy, but Bullock is a "star that people love."

Besides the Bullock mov-



Emily Pettet, left, and Emily McAughey unveil the Summer of Sandra poster at city hall on Wednesday. JEFF HARPER/METRO

ies playing in Halifax every Friday night starting in mid-July, Bedford residents can see Ferris Bueller's Day Off, while Despicable Me will

play in Sackville. Dartmouth will show Ghostbusters, The Princess Bride and Honey, I Shrunk the Kids!

A French-Canadian film

will be shown in Grand Parade, while the event's first "End of Summer" series brings The Amazing Spider-Man 2, The Lego Movie and

Frozen to Halifax in September.

Go to atlanticfilm.com for a full schedule and locations for all the movies.

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HALIFAX



Gone fishin'

A man fishes for striped bass on the mud shores of the Stewiacke River in Stewiacke on Wednesday. The striped bass is a coastal species found in rivers, estuaries and inshore waters of eastern North America and can weigh over 50 kilograms. ANDREW VAUGHAN/THE CANADIAN PRESS

Native band to continue protest

Paper mill. Blockade went up Tuesday after band learned pipe was leaking wastewater

Aboriginal protesters in Nova Scotia will continue to block access to a paper mill's broken wastewater pipe until the province and the mill commit to closing an effluent treatment plant that borders their community, a native leader said Wednesday.

Chief Andrea Paul of the Pictou Landing First Nation says she wants the premier's office and Northern Pulp, which runs the mill, to devise a plan to close the treatment plant in

Boat Harbour and undertake a site cleanup.

Paul says until that happens, protesters will continue preventing heavy equipment from using an access road to fix the underground pipe, which they say broke near a Mi'kmaq burial site.

"Now we know nothing is flowing through (the pipe) because they can't do anything until this is fixed," said Paul.

"This is definitely a great opportunity for us to be able to sit down ... and to work through our issue with Boat Harbour. What is the plan?"

Paul said the native band must be consulted on any excavation that occurs on the site due to its proximity to a Mi'kmaq burial site.

Investigation

Environment Minister Randy Delorey said officials continue to investigate what triggered the leak of wastewater and how much of it spilled.

The blockade went up on Tuesday after the band council learned the pipe was leaking wastewater into wetlands and the nearby East River, about six kilometres from the Pictou Landing First Nation.

David MacKenzie, a spokesman for Northern Pipe, said he expects senior company officials will meet with Paul for talks. **THE CANADIAN PRESS**

Rail company to pull out of Cape Breton once subsidy ends

The Cape Breton and Central Nova Scotia Railway says it intends to abandon the use of its rail line in Cape Breton.

Company president Mario Brault says an application to stop using the line will be made with the province's Utility and Review Board once a subsidy agreement with the province runs out Sept. 30.

He says service will continue until the regulatory approval is given to pull out of Cape Breton.

Brault says the \$2-million annual subsidy is no longer enough to make up for a continued decline in traffic along the line, which runs from St. Peters Junction to Sydney.

He says the company will

continue to operate its line which runs from Truro to Cape Breton.

Transportation Minister Geoff MacLellan says talks will continue with the company and while the province is willing to maintain the current subsidy, it can't afford to increase its contribution.

THE CANADIAN PRESS

Subsidy

\$2M

The annual subsidy is no longer enough to make up for a continued decline in traffic along the line that runs from St. Peters Junction to Sydney, says the company.

Ponds

Man killed in head-on collision

A man has been killed in a two-vehicle crash in Nova Scotia's Pictou County. RCMP say the 79-year-old man was driving an SUV that collided head-on with a tractor-trailer Wednesday in Ponds. They say the victim is from the Thorburn area. He was pronounced dead at the scene. The driver of the tractor-trailer was not hurt.

THE CANADIAN PRESS

Correction

A story in the June 11th edition of Metro Halifax titled "City begins planning important anniversary" incorrectly identified the ships involved in the Halifax Explosion as Swedish and French. The Mont Blanc was indeed French, but the lmo was Norwegian. Metro apologizes for the error.

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Controversial Commons committee says New Democrat MPs owe \$1.17M

Politics. NDP dismisses board's decision as result of 'witch hunt,' vow to take it to court

The NDP is going to court to challenge the verdict of a secretive House of Commons committee, which found New Democrat MPs guilty of improperly spending \$1.17 million in parliamentary resources on partisan mass mailings.

The multi-party Board of Internal Economy ordered NDP MPs on Wednesday to repay \$36,000 to the Commons — presumably to cover the cost of envelopes used to send almost 2 million missives to



Government whip and spokesman for the Board of Internal Economy John Duncan makes a brief statement following a meeting of the committee in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

households in 26 ridings, including four in the midst of

byelections.

And it concluded the MPs

owe another \$1.13 million to Canada Post for allegedly

improper use of their free parliamentary mailing privileges, known as franking.

"The board cannot compel members to repay these (franking) costs," Conservative whip and board spokesman John Duncan said late Wednesday.

"However, it is incumbent on these members to work with Canada Post to repay the \$1.13 million."

But New Democrats dismissed the board as a "kangaroo court" and its verdict as the foregone conclusion of a partisan "witch hunt." They vowed to take the matter to a real court for a fair and impartial hearing.

"None of this will hold up in a court of law," asserted NDP House leader Peter Julian, who was accompanied

to a late news conference by renowned constitutional lawyer Julius Grey.

"We believe that we have followed the member's by-laws and the Canada Post Act, and we will now have to fight this process — by a partisan secretive body that is dominated by Conservatives — outside of Parliament."

Julian said Conservatives, aided and abetted by the Liberals, acted as "judge, jury and executioner," nailing the NDP for allegedly partisan content in their mailings while sanctioning similar mailouts by their own members.

The NDP was not given a hearing, nor was the party allowed to give evidence or call witnesses on behalf of its MPs, he said. **THE CANADIAN PRESS**

Family says milkshake sent their boy to ER

A Gatineau, Que., family wants to find out what was in their five-year-old son's McDonald's milkshake, which they allege made the boy's tongue burn and his stomach ache.

Jon Hansen says he has been fighting with McDonald's for almost a year to release a report that he says proves a compound was added to the chocolate shake.

McDonald's Canada spokes-

person Jason Patuano said the company launched an internal investigation and tested the affected milkshake through an independent lab. He said the results were inconclusive, but would not share the report with Metro.

The dispute started July 22 last year when Hansen and his family went to the drive-thru at a McDonald's to get french fries and milkshakes.

The English-speaking family said they were ridiculed for not speaking French, and when they got their order, Hansen said the fries "had been stomped on" and his young son said his milkshake "tasted funny."

"He said it was pepperminty. He didn't mean it was sweet like peppermint, he meant it burned his mouth," said Hansen.

The family brought their child to hospital and was advised to call poison control. Hansen was told to monitor his son and to return to emergency if his condition worsened.

Hansen says his son has been unable to gain weight over the last year, and he worries that without knowing what was in the shake, doctors can't fully assess possible damage.

TREVOR GREENWAY/METRO IN OTTAWA

Danny

Slain Mountie's police dog will get a new partner

Danny, the RCMP police dog whose partner was killed in last week's shooting rampage, will eventually be teamed up with another handler.

The Mounties say once a new partner is chosen, Danny will spend time

bonding with that officer before returning to the RCMP Police Dog Service Training Centre in Innisfail, Alta., for a three-week test.

The RCMP say they've received many inquiries from the media and members of the public about Danny's future following the death of Const. Dave Ross.

The RCMP say Danny and Ross were on the job together for less than a year before the shootings.

THE CANADIAN PRESS




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It could have been the shrimp eating us

Nature magazine.

Researchers find fossils with a primitive jaw precursor, an adaptation that helped vertebrates rule the world

A hungry Homo sapiens tucking into a plate of shrimp may

not realize what a stunning reversal of fortunes her dinner represents.

In the primordial seas where life first proliferated, arthropods — the animal family that includes present-day crustaceans — dominated in number and in size, preying on our worm-like vertebrate ancestors with impunity.

But 500 million years later, vertebrates now sit at the top

of the food chain, as any Red Lobster proves.

On Wednesday, researchers from Toronto and Cambridge announced they had discovered 44 fossils of a primitive fish that bear a key adaptation responsible for the later success of vertebrates, including humans.

Chipped out of the Canadian Rockies two summers ago, the fish fossils show a long-hypothesized but never-before-

seen moment: the primitive precursors of the jaw.

"It was a major event in the evolution of vertebrates. After the creation of jaws, vertebrates were able to capture prey and (chew) food," said Jean-Bernard Caron, an invertebrate paleontologist at the Royal Ontario Museum and the University of Toronto who co-authored the Nature paper announcing the specimens. **TORSTAR NEWS SERVICE**



A depiction by Nature magazine of the sea creature Metaspriggina.
CONWAY MORRIS, JEAN-BERNARD CARON, MARIANNE COLLINS/NATURE/THE ASSOCIATED PRESS

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Harm, not help

New York to mull banning gay 'cures'

New York's Democratic-led Assembly was set to discuss a bill on Wednesday that would ban therapy that tries to change a child's sexual orientation. Bans against gay conversion therapy have already gone into law in New Jersey and California.

The American Psychological Association says that there is no evidence that the so-called gay conversion therapy can change someone's sexual orientation. A task force found that it can cause distress and anxiety.

THE ASSOCIATED PRESS

Survey

A live-in girlfriend a day keeps him away ... from the doctor's office

Tie the knot, see a doc? A new study says men are more likely to get medical checkups if they're married rather than just living with a woman.

And, surprisingly, more single guys see the doctor than men with live-in girlfriends.

"Perhaps wives have more influence than girlfriends," suggested lead author Stephen Blumberg.

THE ASSOCIATED PRESS



Ahhh, now that's the life

A monkey cools off in a water tub in the premises of a Hindu temple on a hot summer afternoon in Jammu, India, Wednesday. Severe heat conditions are prevailing across northern India with temperatures soaring past 45 degrees Celsius in several places.

CHANNI ANAND/THE ASSOCIATED PRESS



TABLE IS SET FOR SOCCER FEAST

The wait is over. The day soccer fans have been anxiously waiting for is finally here. The 2014 FIFA World Cup kicks off today and to get you in the game, Metro has you covered with the latest from Brazil.

Paraplegic in exoskeleton gets first kick

The first kick at the World Cup opening ceremony will be made by a paraplegic wearing an Iron Man-like robotic bodysuit controlled by signals from the brain.

Brazilian doctor Miguel Nicolelis led a team of 156 scientists from around the world to create the futuristic exoskeleton, which was designed to enable paralysis victims to walk.

At the World Cup opening ceremony Thursday in Sao Paulo, a paraplegic whose identity has been kept secret will leave behind his or her wheelchair to take to the pitch in the suit and give the tournament's first kick.

Electronic circuits in the device's "feet" will send a return signal to the user via an artificial skin worn on the arm, conveying the sensation of movement and contact.

"Doing a demonstration in a stadium is something very much outside our routine in robotics. It's never been done before," said Nicolelis, a neuroscientist at Duke University.

His voice contains a mix of exhaustion and excitement, the result of 30 years' work, more than 200 scientific pa-



Scientists at work at Miguel Nicolelis' lab in Sao Paulo.
BIGBONSAI+LENTEVIVAFILMES/AFP

pers and countless clinical tests that are nearing a spectacular summit.

Nicolelis said the idea for the suit came to him in 2002, when scientists were just beginning to explore robotic exoskeletons. "In 2009, after we learned Brazil was hosting the World Cup, they asked me for ideas to show Brazil in a different way than the world usually sees it. That's when I suggested doing a scientific demonstration to teach people that Brazil is investing and has human potential to do things beyond football," he said. **AFP**

Controversy

Scientist dismisses criticism

Some scientists have criticized Miguel Nicolelis for ditching academic publications in favour of mass media — he posts research updates on Facebook — and the anonymity of the lab for the spotlight of the World Cup stage.

Critics have also questioned the practicality of his research and accused him of hogging an unfair

share of the Brazilian government's research budget.

Nicolelis rejects that criticism. "The funding is the same with or without the World Cup. We've received \$14 million from the Brazilian government over the last two years. That's approximately four or five times less than what the United States government invests in a mechanical arm," he said.

"I don't see anything wrong with demonstrating a technology for the whole world that has a humanitarian objective," he added.

AFP



Belgian fans' cup runneth over with World Cup hopes

Soccer fans from Belgium pose for a photo with a replica of the World Cup trophy on Copacabana beach in Rio de Janeiro, Brazil, Wednesday. The World Cup soccer tournament starts today. **SILVIA IZQUIERDO/THE ASSOCIATED PRESS**

FIFA taking fans behind the scenes via Instagram

World Cup organizers have arrived on the photo-sharing platform just ahead of the opening match. The FIFAWorldCup Instagram account promises to show fans exclusive images from behind the scenes at the 12 Brazilian host stadiums.

The new Instagram account is just one way fans can follow the progress of the world's largest soccer competition online. There is also FIFA.com, which will be updated in real time with the latest scores and news from the event.

Twitter users are encouraged to tweet messages and photos on their experience with the hashtags #myworldcup or #CM2014. And soccer buffs can also click like on the official World Cup Facebook page. **AFP**

Neymar, Rooney and Ronaldo get Nike-designed 3D duffle bags

Nike has designed its first 3D-printed sports bag as the World Cup gets ready for kick-off in Brazil Thursday.

Only three of the limited-edition "Nike Football Reben-to" duffle bags have been

nylon "flex" webbing.

The upper section of the bag fits into the base without the need for glue or adhesive.

The bag was designed with matching shin guards created using 3D-printing techniques for maximum impact protection.

The Mercurial FlyLite Guard

uses a webbed shock system instead of the traditional foam to keep the design lightweight.

It will be available to purchase from nike.com from July 1. **AFP**



Nike Football Reben-to duffle bag.
COURTESY NIKE FOOTBALL

Apple gets touch of Soccer Fever at its app store

Just in time for the opening ceremony of the 2014 FIFA World Cup, Apple has curated a set of apps, books and more focusing on the beautiful game and on Brazil itself.

Called Football Fever in every country in the world other than the U.S., where it's been called Soccer Fever instead, the section should not only simplify app discovery but help iPhone- and iPad-owning football fans download titles with confidence as they're all from official partners, blue-chip developers or FIFA itself.

In all there are 20 apps and 14 football-themed games, but the new section also includes the best of football music, the best-selling football books, plus football films and documentaries. **AFP**

Thursday, June 12

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*Father's Day is
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Legal mash-up over Tennessee whiskey still sour

Lawyers may need a stiff drink. Liquor companies at odds over the legal definition of the popular beverage

To many, Tennessee means whiskey. But inside the state, the question is: What does Tennessee whiskey mean?

A battle between two worldwide liquor companies — owners of mega-brand Jack Daniel's and smaller rival George Dickel — is being waged over who has the right to label their drink as following authentic Tennessee style. It's among the epicurean battles being waged around the world over what food and drink should carry special status as local and unique.

London-based liquor conglomerate Diageo PLC opened a heated legislative fight earlier this year seeking to overturn the state's newly established legal definition for Tennessee whiskey that

has been championed by Jack Daniel's, which is owned by Louisville, Kentucky-based Brown-Forman Corp. Among the new rules are requirements that whiskey must be aged in new, charred oak barrels in Tennessee and filtered through maple charcoal prior to aging.

Dickel's owners say they conform with the traditional methods laid out in the state law, but they have cited several reasons for challenging the statute. They claim that a potential shortage of new American oak barrels could threaten production and that future products made by Dickel and the growing number of craft distillers in the



state shouldn't be bound by law to follow the old ways.

Some advocates feared a successful challenge by Dickel of the storage statute could give way to a legal challenge of the overall Tennessee whiskey law.

On Tuesday in a separate but related case, the Diageo subsidiary George Dickel came out on top when state attorneys in Nashville abruptly dropped a complaint that Dickel had violated a state statute prohibiting the aging of Tennessee-made whiskey outside its boundaries. Dickel had challenged the statute in federal court, claiming it violated laws on free interstate commerce.

THE ASSOCIATED PRESS



Bring back crystalline fructose and sugar, please!

Fans of Vitaminwater are demanding that parent company Coca-Cola drop a new formula that uses stevia, a low-calorie sweetener known for its metallic aftertaste. Coca-Cola Co. changed the formula for its full-calorie Vitaminwater in May, and the new bottles have been hitting shelves nationwide ever since. Previously, the drinks were sweetened with a mix of crystalline fructose and sugar. Now they are sweetened with a mix of sugar and stevia, a natural sweetener companies use to reduce the sugar content in drinks. The new Vitaminwater still has the same 120 calories per bottle, however. The change has prompted fans of the drink to inundate Vitaminwater's Facebook page with complaints about the taste, and demands that the company bring back the old formula. PHOTO: SCOTT OLSON/GETTY IMAGES; TEXT: THE ASSOCIATED PRESS

It's more bad karma for Lululemon's founder

Shareholders of Lululemon Athletica Inc. have re-elected two directors that the company's founder and largest shareholder Chip Wilson voted against in an apparent boardroom backlash, the latest controversy to come to light at the struggling yoga wear retailer.

Hours before the vote on Wednesday, Wilson, a director who owns 27 per cent of the company's shares, announced he voted against chairman Michael Casey, who had just re-

placed him in that role months earlier, and director RoAnn Costin, a private equity executive.

Wilson said he felt change was needed at the board level to boost the company's lagging share price.

"While I am excited about the new management team that I helped put in place, I am concerned that the board is not aligned with the core values of product and innovation on which Lululemon was founded and on which the company

thrived," Wilson stated.

He said there is a "palpable imbalance in board representation, which is heavily weighted towards short-term results at the expense of product, culture and brand and longer-term corporate goals."

The outspoken Wilson said his vote against the two directors sends a signal to the financial community that Lululemon must address the board member issue if the company is to recover. THE ASSOCIATED PRESS

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GREAT GIFTS FOR THE SATISFACTORY DAD

It's time for Father's Day, that magical time when necktie-company execs celebrate their big annual windfall.

Big Neckwear invented the holiday as a means of selling men's accessories, and they're the only ones who benefit. Everyone else just gets enough ties to start a new soccer league.

When I was a kid, "picking out a gift" on Father's Day meant choosing a necktie shade or, if I was really throwing caution to the wind, a pattern.

This seems especially ridiculous now, because my dad's not really a tie guy. When I was growing up, his tastes were more in the range of his black T-shirt with silver lettering that said "Disco Dad." Maybe the repeating-saxophone-pattern tie I picked out one year would have worked, but I never saw them worn together.

And so today I hope to make up for my disappointing



HE SAYS
John Mazerolle
metronews.ca

childhood by offering this special gift guide for dads of any taste and inclination. (My dad's inclination, incidentally, is usually about 30 degrees, sleeping with his head on the armrest of the couch.)

Dad's Day Gift Guide: Just wait until your father gets home

* For a new twist on an old classic, your dad will love a "Satisfactory Father" mug. Your father values honesty and integrity, and that "World's Best Dad" mug lacks credibility.

* Remember that gender-specific gifts are now passé, even offensive. Your father can be whatever he wants to be, so why not favour him with that **negligee** you've been eyeing and watch a Father's Day reaction you'll never forget?

* If your dad is more conservative than that, you could always **buy his vote**. A cool \$100 ought to do it, and then that Animal Alliance Environment Voters Party of Canada candidate in your riding will be one vote closer to victory.

* Two words: **Barbecue apron**. Your father will be so ecstatic you didn't get him a tie that he'll barely notice this is the second most clichéd gift possible, and maybe the only gift even easier to find than a tie.

* Want to get something more personal? Consider a **handmade spare drawer**. Filled with blank tax and medical forms, rubber bands, nails, obsolete computer cables, and keys to locks that might no longer exist, the spare drawer is something every father needs to not need.

Hope that helps! Pick up one of these gifts today or you'll be forced to sprint to the mall for a last-minute gift. Tie goes to the runner.

ZOOM

It's pandamonium!



At the beach under Tsing Ma Bridge in Hong Kong, 1,600 pandas made from recycled paper are put on display in an effort to encourage people to protect endangered animals. The work has already been shown in other cities including Berlin, Paris and Taipei. ALL PHOTOS GETTY IMAGES

Playful art, serious theme

"Environmental conservation is a serious theme, but we express it in an entertaining way. We choose pandas, which are loved by people worldwide, to start with, and later, we can do more to protect other species."

French artist Paulo Grangeon

By the numbers



1,600

Number of papier-mâché pandas on display in Hong Kong — but more significantly, this is the number of giant pandas still alive in the wild, according to the WWF.

Why so few of these cuties?

- **Sex.** Females are only in heat 1 to 3 days a year.
- **Size.** A newborn is 1/900th the size of the mother, making it very weak.
- **Maturity.** A female panda does not reach full sexual maturity until she is 7.5.
- **Shrinking habitat.** The species is now restricted to 20-odd isolated patches of forest mountains in China.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 24 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



MetroTube

Rumble with the bumble



ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a couple of nice takeaways in this little homespun video of a bumblebee coming to the aid of a hive-mate snared by a spider.

One: Bumblebees may look like the Sea Kings of the insect world, but goodness, they're remarkably swift and agile when they take flight. **Two:** Look at this beautiful technique! Shot in landscape, artfully framed by the windowsill. And narrated by what could be a young David Attenborough. Applause, sir. (Via Functional Electric/YouTube)



THE CANADIAN PRESS FILE



Film fest hails hometown hero

OUTeast Film Festival. Ellen Page gets a nod with free screening of *Whip It*



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Many will remember the moving and passionate speech delivered by Halifax's own Ellen Page on Feb. 14, 2014 at the Human Rights Campaign Foundation's inaugural Time to Thrive conference.

The speech quickly went viral when Page, after years of "lying by omission," officially came out. Perhaps to some, this was a statement much like all other celebrity "coming out" announcements: less a surprise and more of a well-timed media attention grab. But according to OUTeast Film Festival producer Andria Wilson, her speech spoke volumes.

"There are still kids growing up here that don't feel safe and don't feel like they can come out ... that doing so would negatively impact their lives or their job prospects," said Wilson. "For someone that has grown up here and lived here and to

Everybody loves Ellen

"We wanted to do something to shout out to Ellen for coming out this year — in the way she did and making that beautiful speech — and give her some Halifax love." Andria Wilson, OUTeast Film Festival producer



OUTeast Film Festival will kick off on Thursday with Ellen Page Appreciation Day, celebrating her decision to come out on stage while delivering a speech at a Human Rights Campaign Foundation conference in February. CONTRIBUTED

have made such an incredible life for herself, making that speech really gave a voice to so many."

With much thanks for her brave and honest act, this year's OUTeast Film Festival will kick off with Ellen Page Appreciation Day on Thursday.

This special day will feature an outdoor, sundown screening of *Whip It* at the Emera Oval.

"We've been talking about doing a free, public event for quite some time now and this worked out perfectly," Wilson said. "Holding a free, public event is a chance to offer an experience to people that they may not ordinarily come out to see and we'll be able to donate some proceeds to a charity."

The annual OUTeast Film Festival aims to showcase the best in queer independent cinema. The festival — which

runs Thursday through Sunday — not only boasts amazing flicks from all around the world, but also works with filmmakers from the Halifax community to give them a stage by which to premiere their work.

"In the end what we're all trying to do is make those in our community, especially the kids, feel safer and create an environment and a community where all folks can relate," Wilson said.

Out and about

What: OUTeast Film Festival's Ellen Page Appreciation Day presentation of *Whip It*

Where: Emera Oval

When: June 12, 8 p.m.

Cost: Free

Festival website: outeast-filmfest.com

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Ben Affleck ALL PHOTOS GETTY IMAGES

Is Ben Affleck taking a gamble on his marriage?

Ben Affleck's casino habit is apparently driving an even bigger wedge between him and wife Jennifer Garner, who reportedly scuttled plans to spend the summer in Michigan with Affleck while he films *Batman vs. Superman: Dawn of Justice*, according to *Star* magazine.

"Jen cancelled her trip. She just doesn't want to be Ben's enabler or babysitter," a source says. "She's completely distraught over Ben's problems. It's a never-ending roller coaster." And that roller

coaster has apparently been continuing at casinos in Detroit and across the border in Ontario, where Affleck has been spotted looking dishevelled and distraught, betting \$5,000 at a time at the tables.

"Ben has a compulsive personality," another source adds. "Once he starts gambling, he can't stop and he stays up all night, betting thousands, then sleeps all day, which infuriates Jen. Jen needs to ask for help from someone — and soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lea's potential new beau may have a steamy alter ego

MELINDA TAUB

Metro World News

Matthew Paetz, Lea Michele's rumoured new boyfriend, is very handsome. So handsome that he may have turned pro.

Sources say Paetz and Michele are dating, but they haven't exactly been spotted snuggling on the red carpet. One possible reason they're keeping the relationship quiet: Paetz used to be a male escort named Christian, according to TMZ.

TMZ has screenshots of "Christian's" profile on Cowboys4Angels, an escort service that provides male companionship to ladies. According to his profile, Christian is a certified life coach, dating specialist and massage therapist. His companionship was available for \$350 per hour, \$6,000 for a weekend, or \$17,500 for the whole week.

That's not to say Lea Michele is a client — she reportedly met Paetz on



the set of her music video. Sources say he hasn't been taking on clients since April.

Look. I feel bad even writing about this. When a celebrity is maybe dating a prostitute, one obviously must write it up, but 1) Michele hasn't confirmed that she's dating Paetz; 2) We don't know for sure that Paetz and Christian are one and the same (though the resemblance is striking); and 3) Who cares? Everyone's had an embarrassing job or two. I once got fired from a pirate-themed nightclub. Lea Michele, your boyfriend is fine.

Twitter



@RuPaul

Quick Reminder: Breathe, laugh, repeat



@KevinHart4real

Just touched down in ATL....I slept with my mouth open for the entire flight...I have developed a smell in my mouth that should be banned



@ConanOBrien

Reality Check: I was around in 1973 and saw absolutely no signs of X-Men from the future.



Anna Kendrick

Anna Kendrick admits that her dating game isn't top-notch

It's hard out there for Anna Kendrick. The *Pitch Perfect* star, who split from director Edgar Wright last year, says that she hasn't been hit on since she made *Up in the Air* five years ago. "Honest to God," she insists to *Elle* magazine.

Kendrick has kept a fairly low profile, dating-wise, since her breakup. "When I was a teenager, I was an ultra-late bloomer, and my mom would say it was a blessing because it means you never have to wonder if guys are only interested in you because you've got boobs," she tells the magazine. "I would have been thrilled if guys were interested in me because of my boobs!"

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Finding foundation in fashion

Shenae's all that.

Canadian actress, blogger and personality Shenae Grimes talks foot phobias, makeup-after-marriage and her beauty brand collaboration

ELIZABETH
BEDDALL

Metro World News

Perhaps you know her best from *Degrassi: The Next Generation*, or from playing the role of Annie in the reboot of *90210*, but Shenae Grimes has become a force to be reckoned with in the fashion industry of late. She recently chatted with Metro about her move onto the style scene, most recently highlighted by her signing on as the brand ambassador of Annabelle Cosmetics.

I'm sure you've been approached to team with other product lines in the past. So why does Annabelle feel like the right fit for you?

First and foremost, they're Canadian. It's always nice to have an excuse to get back to my roots. I think what they've done for the industry in Canada is very impressive. And as for the brand's esthetic — it's definitely the most 'me,' which



In addition to being the new face of Annabelle Cosmetics, Grimes just announced that she and her husband are launching an accessories and clothing brand as an extension of their lifestyle blog twohalvesblog.com PROVIDED

I guess is why they were excited about me and I'm equally excited about them.

What's one word that describes both Annabelle Cosmetics and Shenae Grimes?

I think edgy. My style has always been sort of rock 'n' roll glam and I can't think of a better way to describe the brand as well.

You've been in the public eye for a while now. If you were to scold your former self for one beauty choice you've made, what would it be it for?

Using self-tanners. It's scary. I mean living in L.A. they have airbrush tan artists that mix the colours and do an incredible job. As far as self-tanner out of a bottle — or the kind of spray tan that Ross gets in *Friends* — we've all had those horrible experiences. I would avoid that.

It's ironic that you've been paired with a cosmetics brand when *People Magazine* named you one of the most beautiful people without makeup in 2009. So what can Annabelle do for someone who doesn't even need to use cosmetics?

For me it's always my eyes. My husband always says, which he should, that he prefers me without makeup. My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better.

Peeper priority

"My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better."

Shenae Grimes

Speaking of your hubby, do you feel your beauty routine has changed in any way since settling down with a partner?

Not really. I mean, if I'm running to the grocery store I don't feel pressure to be Kardashian-perfect all the time because he is all for that natural look. It's just given me a little bit more confidence.

You've partnered with a cosmetics brand — but is there a clothing line you would kill to be paired up with?

As far as an existing clothing brand — I'm a shoe fiend so I love Sam Edelman and Steve Madden.

You've interned at *Teen Vogue* and stated that being a fashion editor would be one of your dream jobs, so if you were the editor of Metro's style section, what would you write about next week?

I'd focus on awesome summer footwear that would be an alternative to the flip-flop. I have a weird phobia: I don't like seeing peoples' feet, and I hate flip-flops and they come back every summer. I'd love to do cute summer shoes and boots that you could wear with your jean shorts and tank tops that avoid the sandal area entirely.

What's your favourite Annabelle product?

"The EyeInk Liquid Eyeliner is my everyday product — the black — it gives the perfect cat eye."

- "The cat eye is something that will never be not on trend but I think that's something that's particularly booming right now."
- EyeInk Liquid Eyeliner, \$9.95, annabelle.ca



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CLARIFICATION NOTICE

In the June 10, 2014 edition of Metro Halifax's Learning Curve feature (pages 19-20), articles featuring the Centre for Health Studies and the Centre for Arts and Technology were printed with incorrect information.

Please note the Centre for Health Studies offers a Veterinarian Hospital Assistant Program. The Centre does not train students to be veterinarians.

As well, the Centre for Health Studies and Centre for Arts and Technology share one campus, but are recognized as two different colleges.

3 T I E

PLUS
HOMES

Custom considerations

You can sometimes get what you want.

Furniture store allows the customer to play designer



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Stylish home dwellers want their homes to have a personalized, designer-touch look. Words like eclectic, curated and customized are all buzz words written in the home decor magazines, but how easy is it to get these perfectly thrown together looks? Many Canadian home furnishings stores are offering custom options on their best-selling pieces of furniture. This ensures you can have a one-of-a-kind piece that your neighbour won't also have.

Here are a few things to consider when customizing your upholstered furniture that will help your purchases look like you had a designer by your side:

Fabrics

The larger the piece of furniture, the larger the fabric's print can be. Larger pieces can also hold a darker or more dramatic fabric colour due to their proportions. If choosing a solid fabric, then make sure it has some texture to add interest.

Furniture style

Rounded arms will imply a more formal/traditional look while square edges look more masculine, streamlined or modern.



Groove Chair, left, \$930 (standard), a great standard design was lacking the pizzazz I had hoped for.

Comfort and size

When sitting on a sofa, the edge of the seat cushion should comfortably meet the inside of the knee. A deeper cushion will give you a lounge style suited for watching television while anything less creates a formal style of sofa seating.

Wood trims/legs

Take the shape of the leg from the shape of the sofa's arm. If a rounded arm has a rounded leg and vice versa. The stain colour of a wood leg should match the room's larger wooden furnishings or be a shade darker than the

wood flooring.

A few months ago, I decided to purchase a single reading chair for the corner of my den. I saw a style I liked, but knew I wanted something more colourful. Upon inquiring at my local Urban Barn store, I found out that a large selection of fabrics, leg styles and seating comfort options were available to help customize many of the standard upholstery furniture pieces they sell.

I went from a chair style I liked to a custom chair I loved, and all I had to do was ask if those options were available!

Tailor-made just for you

Many Canadian home furnishing stores are offering custom options on their best-selling pieces of furniture.

Custom Groove Chair, below, with upgraded fabric choice, new leg style option, contrast piping detail, down-wrapped seat upgraded cushion, \$1,300. UrbanBarn.com PHOTOS CONTRIBUTED



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Moonhouse. Artist gets dream home off the ground



The Moonhouse SARA MEDINA LIND

A traditional Swedish cottage could be the first house on the moon, set to land as early as October 2015.

Swedish artist Mikael Genberg has been working on the Moonhouse project for over 10 years and has now turned to crowdfunding to make his dreams a reality.

If all goes according to plan, the red house with white gables will be sent into the universe by U.S. aerospace technology company Astrobotic on the back of a spacecraft in October next year.

Measuring three metres by two metres at the base, the house will have a roof height of 2.5 metres, allowing an adult to stand up inside. Once deployed on the moon, the cottage will unfold by itself to form a typical Swedish abode.

"Putting a house on the moon should be impossible, but through crowdfunding, through the Internet, through being enough individuals going together proving this, that means that we can do anything," says Genberg.

The Moonhouse project has received funding from

partners from the private sector, but around \$15 million is required to transport the cottage the 384,000 kilometres from Earth to the moon.

Each \$1 pledged to the project will take The Moonhouse about 25 metres closer to its destination.

"The Moonhouse will enable people to make history and a mark on the international scene since the Moonhouse will be the first payload funded by private individuals to land on the moon," says John Thornton, CEO of Astrobotic. **AFP**

Cookbook of the Week

Inner workings of
a man's kitchen



Man Made Meals offers guys everything they need to achieve confidence and competence in the kitchen. With the inclusion of tools and techniques, Steven Raichlen offers secrets from the pros that will help you understand flavours and flavour boosters, and enhance your recipe repertoire. There are 300 recipes to choose from. Among them are: Blowtorch Oatmeal, Skillet Rib Steak, Beer Battered Fish, Loaded Potatoes, Rum and Coke Floats, and more. **METRO**

That's one very manly sandwich!

Chivito. This Father's Day, treat dad to Uruguay's amazing steak and egg sandwich

"Simply defined, the chivito is a steak sandwich — the way the Super Bowl, simply defined, is a football game. You start with

thin-sliced steak and pile on bacon, eggs, cheese, lettuce, tomato, roasted peppers, and mayonnaise. It makes a Philly cheesesteak look downright anorexic," writes Steven Raichlen in his book *Man Made Meals*.

Ingredients

- 2 kaiser rolls
- 3 tbsp mayonnaise, preferably Hellmann's
- 2 Boston lettuce leaves, rinsed and patted dry with paper towels
- 4 slices bacon, cut in half
- 2 beef steaks (3 to 4 oz) cut or pounded 1/4 inch thick
- Coarse salt (kosher or sea) and freshly ground black pepper
- 2 slices Jack or mild cheddar cheese, each about 1 oz
- 2 large eggs
- 1 luscious red ripe tomato, thinly sliced
- 2 large strips roasted red pepper

1. Cut the rolls almost in half through the side. Spread the cut sides of the rolls with the mayonnaise. Place a lettuce leaf on the bottom of each roll. Set the rolls aside while you cook the bacon, steak, and eggs.

2. Arrange the bacon in a single layer in a cold large skillet and heat over medium heat. Cook the bacon until it is crisp and browned, 3 minutes per side. Transfer the bacon to a plate lined with paper towels to drain. Leave the bacon fat in the skillet.

3. Season the steaks with salt and black pepper to taste. Heat the skillet over high heat. Add the steaks to the skillet and cook until done to taste, 2 minutes per side for medium.

4. Place the steaks on the rolls,



**TOTAL
TIME
ABOUT 20
MINUTES**

This recipe makes two sandwiches — one for you and one for dad. LUCY SCHAEFFER

and top them with the bacon and cheese. Leave the fat in the skillet.

5. Once again, heat the skillet, this time over medium-high heat. Crack the eggs into the skillet and cook until the whites are crisp and browned on the

bottom and edges, 2 minutes on the first side, 1 minute on the second side, carefully turning them with a spatula. Slide the eggs into the sandwiches on top of the cheese.

6. Top each egg with slices of tomato and a strip of red pep-

per, if using, and season the sandwiches with a little more salt and black pepper. Close the sandwiches and cut them in half before serving.

RECIPES PRINTED WITH PERMISSION FROM *MAN MADE MEALS* BY STEVEN RAICHLEN (WORKMAN PUBLISHING, 2014)

Sangria for Grown-Ups

"Nothing says party time like ... sangria," writes Steven Raichlen in *Man Made Meals*

1. Slice the orange into wedges and, using a fork, remove and discard any seeds. Place the orange and sugar in a pitcher and muddle (mash) them with the back of a wooden spoon.

2. Stir in rum, ginger liqueur, and St-Germain liqueur and let macerate (steep) overnight in the refrigerator, covered.

3. When ready to serve, add ice cubes to pitcher. Add the chilled Lambrusco wine, stir, and serve.

Ingredients

- 1 orange
- 2 tbsp sugar
- 3 oz (6 tbsp) dark rum, such as Myers's
- 3 oz (6 tbsp) ginger liqueur, such as Domaine de Canton
- 2 oz (4 tbsp) St-Germain elderflower liqueur
- Ice cubes
- 1 bottle (750 ml) Lambrusco wine, chilled

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TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

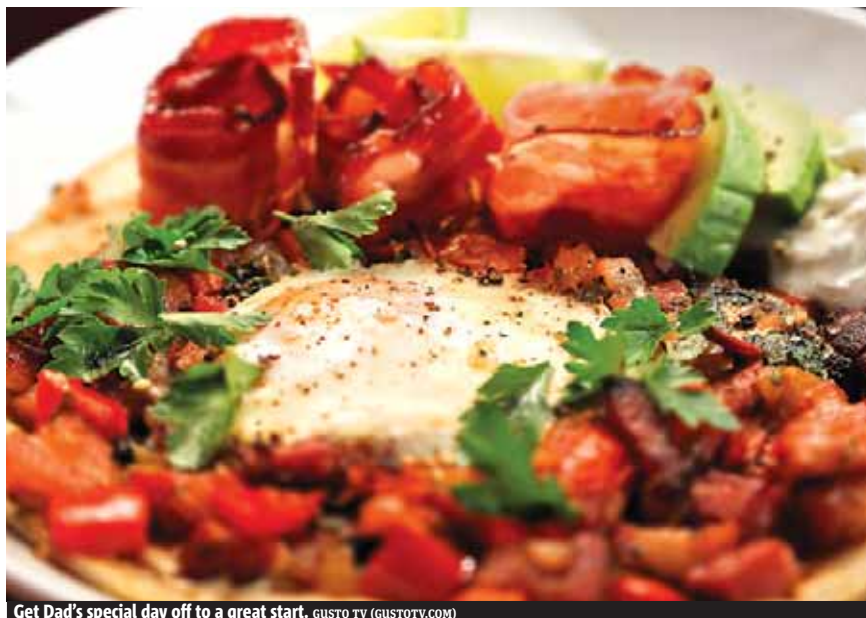
Is the new Metro News App in your future? It should be — especially if you want access to the Metro News features you love, including horoscopes, local news, sports, entertainment and much more.

Download the Metro News App today at metronews.ca/

Whether you plan to surprise Dad with breakfast, lunch or dinner, Metro has teamed up with Gusto TV (gustotv.com) to bring you some perfect recipes for this Father's Day. Here are our suggestions courtesy of the hosts of My Kitchen Rules, Ask the Butcher and Secret Meat Business.

Metro

Breakfast: Bacon Huevos Rancheros



Get Dad's special day off to a great start. GUSTO TV (GUSTOTV.COM)

This Bacon Huevos Rancheros recipe comes from My Kitchen Rules, in which 12 home-chef teams compete to determine whose kitchen rules.

1. To make tortillas, mix or process all ingredients to form a smooth dough. Knead for 5 minutes. Cover with a tea towel and rest for 10 minutes. Divide dough into four portions. Roll portions into thin rounds.

2. To make sauce, combine

sauce ingredients in a jug.

3. To make salsa, heat oil in a frying pan over medium heat. Cook speck until golden brown. Set aside. Add onion, garlic, red pepper and spices to same pan. Cook until soft. Stir in tomatoes and speck. Cook, stirring frequently, for 20 minutes or until mixture is soft. Remove from heat. Stir in zest and half the sauce.

4. Preheat oven to 180 C. (350 F)

5. Heat a large lightly oiled frying pan over medium-high heat. Cook tortillas, one at a time, on both sides, until golden and crisp.

6. Arrange tortillas on a large oven tray. Divide salsa over one half of each tortilla, making a well in centre of salsa. Crack an egg in each well. Bake 6-8 minutes or until egg set and cooked to your liking

7. Cook bacon in a lightly oiled frying pan until

Ingredients

Tortillas

- 250 g plain flour
- 100 ml water
- 1 tbsp olive oil
- Pinch salt

Sauce

- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp Worcestershire sauce
- 1 tsp Tabasco sauce

Salsa

- 1 tbsp olive oil
- 100 g piece Speck, diced
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, finely diced
- 1/4 tsp dried mixed spices (sumac, thyme, oregano)
- 4 medium tomatoes, deseeded, finely diced
- 1 tsp finely grated lemon zest

Topping

- 4 eggs
- 8 pieces smoked bacon
- 4 tbsp goat's cheese
- 2 small avocados, sliced
- 1/2 cup chopped parsley
- Lime wedges, to serve

browned and crisp.

8. To serve, arrange goat's curd, avocado and bacon on empty side of tortilla. Garnish egg and salsa with parsley. Serve with lime wedges and remaining sauce.

AN ALL-NEW SEASON FIVE OF MY KITCHEN RULES AIRS MONDAYS THROUGH THURSDAYS AT 9 PM EST ON GUSTO TV

Lunch. Banh Mi.



This recipe serves one. GUSTO TV (GUSTOTV.COM)

Chef Adrian Richardson knows his way around a steak. Here is the host of Secret Meat Business' recipe for Banh Mi (Vietnamese Pork Roll).

1. In a large mixing bowl, combine mince, liver, coriander, garlic, ginger, chili, curry powder and a pinch of salt and pepper. Mix until well combined and form patties.

2. Over a medium to high heat, lightly oil a griddle pan. Add patties and cook for 2 - 3 minutes on both sides.

3. Take the baguette and fill with patty and any/all remaining ingredients.

SECRET MEAT BUSINESS AIRS MONDAYS AT 10 PM/10:30 PM EST AND TUESDAYS AT 7 PM/7:30 PM EST ON GUSTO TV

Ingredients

Patty

- 200 g pork mince
- 4 chicken livers, chopped
- 1/2 bunch coriander, roughly chopped
- 1/2 clove garlic, grated
- 1/2 tsp ginger, grated
- 1 bullet chili, finely chopped
- 1/2 tsp curry powder
- Salt and pepper

Sandwich

- Baguette, cut to 6 inch
- 1 tbsp mayonnaise
- 1 tbsp Sriracha chili sauce
- Cucumber, thin strips
- Carrot, thin stripes
- Spring onion, chopped
- Coriander, chopped
- Fresh chili, chopped

Take Dad's dinner to the next level with Aged Rib-Eye



This recipe serves four. GUSTO TV (GUSTOTV.COM)

Ask the Butcher host Anthony Puharich's Grilled Aged Rib-Eye with Tomato, Onion and Chipotle Sauce is drool-worthy.

1. Preheat oven to 200 C (390 F)

2. Season steaks with sea salt 2 hours before cooking, and allow to come to room temp.

3. Salsa: Place tomatoes and onion in small ovenproof dish (that holds tomatoes snugly). Pour olive oil over and season with sea salt. Roast 1 hour or until skins of tomatoes burn a little.

4. Remove from oven, pull off tomato skins, then place contents of the dish in saucepan and mash tomatoes with tongs. You should have a sauce with lots of olive oil on top. Bring to a boil (then oil will blend in), reduce by a third, then add the chipotle powder and mix through. Cook for a further minute, then remove from heat and allow to cool. Add the parsley and lime juice, then season to taste with sea salt and white pepper. Makes about 250 g (1 cup).

5. Heat a flat or ridged charrill

pan on the stovetop or heat barbecue to very hot.

6. Rub steaks with a little olive oil. Cook them for about 2 minutes (for rare), then turn over and cook for a further 2 minutes. Allow the meat to rest in a warm place for 5 minutes.

7. Place steaks on serving plates, top with dollop of room-temperature salsa and drizzle with extra virgin olive oil. Serve with your favourite potatoes and a bowl of boiled greens.

ASK THE BUTCHER AIRS TUESDAYS AT 8 PM & 8:30 PM EST ON GUSTO TV

Ingredients

- 4 grass-fed rib-eye steaks with bone in, about 360 g each
- Sea salt
- Extra virgin olive oil, for drizzle
- Salsa**
- 4 large vine-ripened tomatoes
- 1 small red onion, thinly sliced
- 100 ml extra virgin olive oil
- 1 1/2 tbsp chipotle chili
- 1 tbsp roughly chopped flat-leaf (Italian) parsley
- Juice of 1 lime
- Sea salt and white pepper powder, or to taste

Refreshing, fermented apple (or pear) juice goodness



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It's been a long time coming, but cider has finally found a home in the hearts and mouths of Canadians. A tidal wave of fermented apple juice is rolling across the country.

Artisanal ciders have created a cottage industry in most provinces, but you can find these larger international brands just about everywhere, including on tap at your favourite pub.

Strongbow English Dry

The juicy apple sweet core of this granddaddy of modern ciders ends crunchy and dry (England, 500 ml, \$3.00 to \$3.95).



Foundry Golden

More deeply coloured than Strongbow, with a spicy apple-saucy aroma and rich, baked apple flavour (England, 500 ml, \$3.00 to \$3.88).



Magners Original Irish

Deep and golden with a very dry, ripe apple fruit that ends ripe and well-rounded (Ireland, 500 ml, \$3.15 to \$4.62).



Somersby

Orchard aromatics and Granny Smith meet green Jolly Rancher candy sweetness, soothed by a thirst-quenching carbonation (Denmark, 500 ml, \$3.00 - \$3.94).



Sir Perry Pear Cider

Not as muscular as the apple variety, the outcome has more of a wine vibe. It's subtle and lightly sweet, but finishes dry (England, 500 ml, \$3.00 - \$3.99).



Father's Day on a budget? A D.I.Y. herb garden plan

Barbecue companion.

Instead of heading to the store, make your own gift from scratch



JORDAN HIPSON
For Metro Canada

Father's Day and Mother's Day are unlike most other holidays — we don't decorate, we don't attend special services and we are not expected to go overboard with gifts.

Therefore, Father's Day and Mother's Day are days of pure appreciation and love for people who have affected our lives in a way no one else can.

With much thought, it is very possible to purchase a store-bought gift for Father's Day. However, a DIY gift truly speaks to the love we have for Dad.

Naturally, when we think of Dad and summertime, the first thing to come to mind is the barbecue. So why not build him an herb garden? A compact, easy-to-grow herb garden perfectly complements all of his favourite BBQ foods.

How To

1. Begin by thoroughly rinsing PVC pipe with hot water. If you have organic or non-toxic soap on hand, use that to further clean the pipe (white vinegar works, too).

2. Place the PVC pipe with the single-opening side down on heavy plastic or mesh. Using a heavy mark-



A stove-side herb garden also sits well by the barbecue. JORDAN HIPSON FOR METRO



Step 4: Attaching a mesh to allow for drainage. JORDAN HIPSON FOR METRO

er or pencil, trace around opening. Ensure your hot glue gun is plugged in to heat up.

3. Cut out the circle you have just traced.

4. Place a thin bead of a glue around the single opening of your PVC pipe. Safely attach your plastic or mesh. If you are using plastic, consider adding a few small slits or holes to allow drainage.

5. Fill the vessel with enough soil to plant your herbs. When planting the herbs, the excess soil in the store pot is usually enough to completely fill each of the

Materials

- PVC Wye Pipe — 2 or 3 pipe configurations
Heavy plastic or Tight window-screen mesh
- Planting medium (look for a small-planter-specific soil mix)
- Scissors
- Hot glue gun and glue sticks
- Water
- Herbs, depending on Dad's preference: rosemary, dill, fennel, thyme, parsley, chives.

pipe's ends.

6. If your herbs came with plant-markers, place them behind the herb in each opening. Water lightly and trim off any weeping pieces.

Forget the uninspiring ties, socks and cards

This Father's Day treat your Pops to a unique gift he'll definitely not forget. Where to start? Here are a few geographical suggestions for you.

METRO

British Columbia

Dad can reminisce about his younger days spent building forts with a stay in one of Free Spirit Spheres' orb-like suspended cabins in the trees. Stays in these unique treehouses near Qualicum Bay on Vancouver Island start at \$155 a night. freespiritspheres.com

Alberta

Get your dad to unveil his inner dude with a cowboy experience. Alberta Country Vacation features a number of cattle drive packages taking place in July, August and September. Various costs. albertacountryvacation.com

Saskatchewan and Manitoba

Give Dad the chance to see one of the most majestic creatures on Earth: the beluga whale. A trip to Churchill, Man., may be pricey, but the look on Dad's face will be worth it.

For a list of tour providers, visit everythingchurchill.com.

Ontario

Is Dad a speed demon? Let him exercise his heavy foot on an actual racecourse.

The Canadian Tire Motorsport Park (canadiantiremotorsportpark.com) near Bowmanville, Ont., and the Bridgestone Racing Academy, race2000.com, in Toronto are among the courses offering lessons.

Quebec

Your father may be called the king of his castles, but he can be the king of an actual ice palace. It may be a few months away, but reserve his stay at the Hôtel de Glace in Quebec City (hoteldeglace-quebec.com), which is open each year between January and March. A special package is now on for \$179 until June 30.

Nova Scotia

Guys don't dance? Oh, yes they do. Need proof? Watch a flamenco dancer powerfully take over a stage.

The Maria Osende Dance School in Halifax offers an eight-week beginner course (no partner required) ranging from \$99 to \$155. Mom may thank you the next time she takes Dad on the dance floor. mariaosende.com

'I just realized, I am a dad now'

First Fathers' Day. London couple shares trials and tribulations of finding a surrogate

KATE
RAE

For Metro

Frank Emanuele, a teacher in London, always knew one thing for sure: He wanted to be a dad. One of the hardest parts about coming out in his early 20s, though, was the realization that, as a gay man, that wouldn't happen easily.

"I told myself I could adopt, but still. I thought I would be doing it alone."

For Norm Furtado, a family physician, becoming a father was never on the horizon. "It just wasn't something I thought about. I was so career-focused, and becoming a parent just wasn't in the picture. In fact, in my 20s, I would say I was pretty anti-kids. I had just come out and

was developing who I was."

But in a sushi restaurant in London on one of the couple's early dates in 2005, everything changed for both of them. "Frank basically said, 'Look, I am having kids. This is where the train is going,'" Furtado said. "And I don't know my exact words, but I said, 'Yeah. I could have kids with you.' It suddenly seemed possible." And the journey began.

Years of research, heart-break and baited breath followed as the couple navigated the complex world of surrogacy. Finally, they found their match online: Angela, a mother of four, who offered to be their "oven." Thanks to an egg donor and many tricky discussions and negotiations, the dream of becoming dads

looked like it was finally going to become a reality.

Throughout the entire process, Furtado says, Emanuele had his eye on the prize the whole time, while he was more focused on the journey itself.

"I'm much more pragmatic," he says. "I was thinking about scheduling doctor's appointments and taking time off work. The process was really overwhelming. I wouldn't say I was excited, as much as I was anxious."

But as Angela's pregnancy progressed and hurdles were conquered, Furtado felt his anxiety waning and his excitement growing.

"I think before the baby came — when it was still theoretical — I only thought about parenting in terms of all of the extra work. But as soon as Angela started showing, I started thinking about other things, like school plays."

The labouring proved to be more complicated than with Angela's previous four pregnancies, and both dads were stricken with worry. But Furtado's recollection of the moment when his son was born is sharply focused and awash with love for both his husband and baby.



Frank Emanuele and Norm Furtado hold their son, Luca. The couple began their surrogacy journey years ago, and this year they are celebrating their first Father's Day. CONTRIBUTED

"I watched Frank the whole time. I remember the look on his face. I remember the way his hands fell open to welcome our child. I didn't stop to think about what I was feeling. When the moment came to cut the cord, our plan had been to have Frank do it — I didn't want to take that moment from him. But he had his hands full with Luca. It's something I've done many times before as a doctor without even thinking about it. But this time ... Then Frank moved to a chair we'd set up so Luca could have skin-to-skin contact with him and when that floppy, wet baby was placed on his belly, I just

realized, 'I am a dad now.'"

Now, eight months into fatherhood, the two dads are starting to talk about adding to their family and giving Luca a sibling. Both are besotted.

"I describe fatherhood as 'new heights of joy balanced with new depths of fatigue,'" says Furtado. "But at the end of the day, there is nothing more healing than playing with Luca and hearing him giggle."

"People talk about 'that moment' when you suddenly feel like a parent," Emanuele says.

"I never had that. The moment Luca was born, I was so

ready. It was 'OK, here we go.' Life is different, of course."

This Father's Day — their first as parents — will be spent at a cottage with their friends Emily and Andrea, a couple whose three-year-old daughter for whom Emanuele was the donor.

"I knew that I couldn't ask anyone to help me have a baby, if I wasn't willing to do the same for another family," Emanuele added. This year, the two couples and two kids will all celebrate Donor's Day and Father's Day together.

"We always say that we don't have a family tree," Emanuele says. "We have a family vine."

The dads' conversation before fatherhood

"Frank basically said, 'Look, I am having kids. This is where the train is going.' And I don't know my exact words, but I said, 'Yeah, I could have kids with you.' It suddenly seemed possible."

Norm Furtado

Gadgets to make his day better

MIKE
YAWNEY

For Metro

Forget the neckties and fancy pens, technology is quickly

becoming the go-to gift for dads on Father's Day. Here are a few of the most useful tech gadgets you can surprise dad with this year.

GRILLBOT (\$129.95)

Take the grunt work out of cleaning your grill. Set this small rechargeable robot on your BBQ and stand back as it

gets to work scouring backed on residue. The brushes are dishwasher safe, which makes cleaning a breeze. Comes in a variety of colours.

subjects after you snap the picture, allowing for truly creative photos.



Grillbot, \$129.95

On top of that, the metal and leather finish will look great on any dad's wrist.

GAME GOLF (\$259.95)

Help dad stay on top of his golf game. This system uses special Near Field Communication tags on each club to determine club usage, distance hit and putts per hole. Once you finish a round, you can track your overall performance right on your iPhone or brag about your progress online with family and friends.

MOPHIE SPACE PACK (\$149.95 AND UP)

The only case in the world which not only protects your iPhone, it expands the available storage. The Mophie Space Pack adds an additional 16 or 32GB to your iPhone to store everything from music, photos, videos and files. The case also contains an internal battery to double the life of your iPhone.

HTC ONE M8 (\$699.99, NO CONTRACT)

This smartphone sports a sophisticated gun metal finish, perfect for dads who want style and performance. Dual front speakers provide an incredible audio experience, while the camera lets you focus on

MACBOOK AIR (\$999.99 AND UP)

There's a reason the MacBook Air remains a favourite amongst those on the go. This ultra-thin laptop weighs a mere 1.08 kilograms (just over two pounds) yet it still has plenty of power. Apple recently updated the processor for added speed, plus it has a battery that will last up to 12 hours on a single charge.

PEBBLE STEEL SMARTWATCH (\$249)

The smartwatch that does much more than just tell time. With thousands of apps, you can get Pebble to control your music, track your activities, or notify you when your favourite team scores.

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Rangers goalie Henrik Lundqvist blocks a shot by Kings centre Jeff Carter on Wednesday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Lundqvist silences Kings, critics to keep N.Y. alive

Stanley Cup final.
Rangers goalie makes 40 saves in another clutch performance

Mark Messier got his cameo on the Madison Square Garden video screens early in Game 4 of the Stanley Cup final, and used it to hold four fingers in the air to signify the four victories in a row the New York Rangers needed.

Celebrities Michael J. Fox and John McEnroe followed. By the end of Wednesday night

Game 4	
2	1
Rangers	Kings

that number was three after Henrik Lundqvist willed the Rangers to a 2-1 victory over the Kings to stave off elimination and send the series back to Los Angeles for Game 5.

Lundqvist made 40 saves, including every single one in a

third period that included just one shot for the Rangers, who spent more than half the game clinging to a one-goal lead. The entire time "The King" was brilliant, continuing his spectacular play in elimination games at home.

"Elimination games we need (Lundqvist) to be at his best," said Rangers forward Rick Nash.

Going into Game 4, Lundqvist had won seven straight in that situation with a 0.98 goals-against average and .967 save percentage. Stopping 40 of the 41 shots he faced helped him keep the streak alive.

Benoit Pouliot and Martin St. Louis scored for the Rangers. Captain Dustin Brown was the only Kings player able to beat Lundqvist.

At the other end, Jonathan Quick, who was the biggest reason Los Angeles had a three games to none lead in the series, finished with 17 saves in just his second NHL game at the Garden.

Incredibly, the Kings came centimetres from tying the score with 1:11 left. The puck got behind Lundqvist and ground to a halt in the snow just in front of the goal-line.

THE CANADIAN PRESS

CFL labour dispute

League, players to vote on new deal

The CFL and its players will conduct their ratification votes on a new labour deal later this week.

Independent league sources requesting anonymity say the players will vote Thursday while the CFL's board of governors will do so Friday.

The CFL and CFL Players' Association agreed to a five-year contract Saturday. However, many players have spoken out against the new deal which calls for a \$5-million salary cap, well below the CFLPA's opening demand of \$6.24 million.

The CFL also got a major concession from the union on the gross revenue formula that would trigger the renegotiation of the cap or entire collective agreement.

THE CANADIAN PRESS

NHL

Sens GM open to dealing Spezza

Jason Spezza has requested a trade, and Ottawa Senators general manager Bryan Murray says he'll try to make that happen.

"I don't want to trade the guy, really, and I know I won't get the value, in all likelihood that I should get for him," Murray said Wednesday after the NHL general managers meeting. "But I think that Jason feels maybe there's a change that he would like to have happen, and if that's the case we'll try to do what we can."

Spezza has one year left on his contract at a salary of \$4 million US.

THE CANADIAN PRESS



Danny Green of the Spurs goes to the basket against Chris Bosh of the Heat during Game 3 of the NBA Finals on Tuesday in Miami. Scan the image with your Metro News app to find out the origins of players on one of the most culturally diverse teams in the NBA, the Spurs. ANDY LYONS/GETTY IMAGES

Miami coach forces Heat to relive Game 3 blowout

LeBron James has learned an important lesson during his journey from 19-year-old rookie to two-time NBA champion: Never talk back to the coach during a film session.

"Let him make his point, whether he's right or wrong, and you live with it and move on," James said.

Especially when the coach has as much to show his players as Erik Spoelstra did to James and the Miami Heat on Wednesday.

Miami's defence didn't of-

TV numbers

14.9M

The NBA Finals is averaging 14,921,000 viewers per game.

fer much resistance early in Game 3 of the NBA Finals; the San Antonio Spurs played like they were on the court by themselves. San Antonio made 19 of its first 21 shots and shot a finals-record 75.8 per cent in the first half of a 111-92 victory.

Just like last year, Game 3 was a blowout that left the Heat facing a 2-1 deficit. Miami came back to win the series, so nobody was overreacting to what happened Tuesday, especially since the Spurs themselves don't expect to shoot that way again. But the Heat have things to clean up before Game 4 on Thursday, or they risk going back to San Antonio facing the end of their title reign.

"For us, we have to make the adjustments," James said.

THE ASSOCIATED PRESS



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'Unprecedented number.' World Cup ticket requests high, some games not sold out

Tickets remain available for more than 15 World Cup matches just a day before the tournament opener, including some involving Germany, Italy and France.

FIFA said it already sold more than 2.9 million tickets, but some were still on sale Wednesday.

There were plenty of tickets for matches between less-prominent nations, including Bosnia-Iran and Greece-Ivory Coast, but it was also still possible to attend games with some of the more traditional teams. Fans could still get tickets on FIFA's website for matches such as Germany-Ghana, Switzerland-France and Italy-Uruguay.

Only tickets for the highest-priced categories remained available for the better match-ups.

FIFA said last week that

Ticket sales

FIFA has estimates it will sell a total of 3.1 million tickets to 2014 World Cup games. Of those sold so far:

- 60 per cent to Brazilians
- 197,000 to Americans
- 2.2 million sold directly via FIFA.com

nearly 1,400 people were told to change their tickets because they were handed out before work in some of the stadiums was completed. It said seating configurations changed after technical teams established exactly where the media tribunes and broadcast equipment had to be placed in each of the 12 venues. **THE ASSOCIATED PRESS**

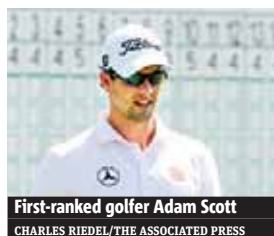
'Patience will be tested.' Adam Scott prepares for his worst tournament

Adam Scott is trying to build a golf game that can travel to any golf course in the world for any tournament.

He can only hope it knows the way to Pinehurst No. 2. Or any U.S. Open course, for that matter.

Scott goes into this U.S. Open as one of the favourites because of his game, his form and his world ranking. The Australian didn't reach No. 1 in the world by accident. He has won six times around the world in the last two years and thrived in the majors.

He won the Masters last year for his first major. He could easily have won the last two U.S. Opens. He was in the hunt at the PGA Champion-



First-ranked golfer Adam Scott
CHARLES RIEDEL/THE ASSOCIATED PRESS

ship last year at Oak Hill.

But Scott hasn't broken 70 at the U.S. Open in five years. He has missed the cut as often as he has made it — six times each. And in those six times he completed 72 holes, he has yet to finish under par. His best performance was a tie for 15th. **THE ASSOCIATED PRESS**

L.A. Clippers sale

Sterling mentally incompetent, says wife's lawyer

A trial will be held next month to determine whether Donald Sterling, who opposes his estranged wife's planned sale of the Los Angeles Clippers, was properly removed as an administrator for the family

trust that owns the team.

An attorney for Sherry Sterling went to probate court Wednesday to request a trial to confirm that as sole trustee she can proceed with the \$2-billion sale to former Microsoft CEO Steve Ballmer.

Her lawyer, Pierce O'Donnell, said three doctors have filed reports saying Donald Sterling lacks the mental capacity to be a trustee. **THE ASSOCIATED PRESS**



The Blue Jays' Jose Bautista hits an RBI double against the Minnesota Twins in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Blue Jays barely avoid shutout

Minnesota wins series. Jays' recent losses weaken their division lead over New York and Baltimore

On Wednesday

7

Twins

2

Blue Jays

The Toronto Blue Jays want to put a couple of series losses behind them as they head out for a 10-game road trip that should give them a good idea of whether they're actually ready to be a contender in the American League East.

Toronto dropped a 7-2 decision to the Minnesota Twins

on Wednesday afternoon, with only a pair of late runs preventing a second straight shutout loss.

Josh Willingham belted a two-run homer in the first inning and Kendrys Morales hit a bases-clearing double in

the seventh as the Twins took the rubber game of the three-game series. Twins starter Phil Hughes (7-2) struck out nine and allowed seven hits over seven shutout innings.

With the loss, Toronto's lead atop the division standings fell to five games over Baltimore and New York. The Orioles were home to Boston on Wednesday night while the Yankees were in Seattle.

The Blue Jays will play Baltimore and New York next week before closing out their trip against the Cincinnati Reds.

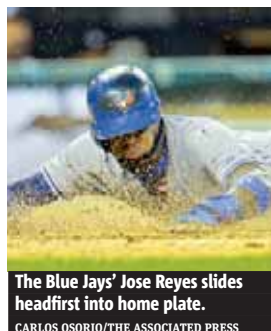
"We'll see how good we

are," said Toronto manager John Gibbons. "We're playing a couple good teams in our division. We've got a small little lead on them but they're right there. So we need to play good baseball on this road trip, especially the way the last four or five games have gone."

"For our psyche more than anything else we need to regroup and put a couple good ball games together."

Toronto (39-28) has been giving up early leads of late, with the opposition scoring first for the seventh straight time Wednesday.

THE CANADIAN PRESS



The Blue Jays' Jose Reyes slides headfirst into home plate.
CARLOS OSORIO/THE ASSOCIATED PRESS

Are headfirst slides worth it?

Even Pete Rose, the man who made the headfirst slide fashionable, says there's a time and place to be prudent.

"You don't want to slide headfirst into shin guards," said Rose, who played the most games in big league history.

Since Rose's time it's become common in the majors for runners to fling their arms

out, lead with their faces and hurtle toward bases.

But at what price?

Bryce Harper of the Washington Nationals, Yasiel Puig of the Dodgers and Josh Hamilton of the Angels are among the stars who have gotten hurt sliding that way this year and they are far from alone.

So many injuries, in fact,

that many wonder whether the move is safe, or should be banned.

Whichever way a player does it, Rose still believes there are benefits to going headfirst. Runners can adjust in mid-slide to avoid a tag, and Rose says they might have an easier time seeing the ball.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

You may be doing well financially but there is a danger you will take one risk too many and undo much of the good work you have done in recent weeks. Self-belief is great but too much can be self-defeating.

Taurus

April 21 - May 21

The planets warn you may do something so out of character today or tomorrow that even those who know you could lose will be shocked. Hopefully it won't damage your reputation.

Gemini

May 22 - June 21

Jupiter in the main financial area of your chart suggests you could come into money today but it also warns you could lose it as quickly as it arrives. Don't let rivals play on your greed.

Cancer

June 22 - July 23

A friend will offer you great advice but because it isn't what you were hoping to hear, you may ignore it. Almost certainly tomorrow's full moon will make sure you regret it, so don't let your ego get in the way of facts.

Leo

July 24 - Aug. 23

You may be tempted to push yourself both physically and mentally, but is that such a good idea? You are already moving fast and living close to the edge. One wrong step could send you over the precipice.

Virgo

Aug. 24 - Sept. 23

If you want to get the most from the day focus your energy in a single direction and put less important matters on the back burner for a while. If you crave success you have to be ruthless.

Libra

Sept. 24 - Oct. 23

You are attaching too much importance to issues that only a few days ago would have meant nothing. Why that should be is impossible to say but you need to ease up a bit.

Scorpio

Oct. 24 - Nov. 22

The approaching full moon warns your big ideas need to be brought down to earth. Inject some reality into your thinking over the next few days. You won't get rich on dreams alone.

Sagittarius

Nov. 23 - Dec. 21

A lot of good things have been happening but tomorrow's full moon in your sign will confront you with an issue that is unlikely to have a happy ending. Decide what's best for you and those you love, then act accordingly.

Capricorn

Dec. 22 - Jan. 20

There is a danger that you will start believing that nothing bad can happen. That kind of thinking is guaranteed to set off a cosmic chain of events designed to remind you that few things are written in stone.

Aquarius

Jan. 21 - Feb. 19

Don't let anyone tell you that you do not deserve your good fortune, because luck has nothing to do with it. The fact is you deserve every good thing now coming your way.

Pisces

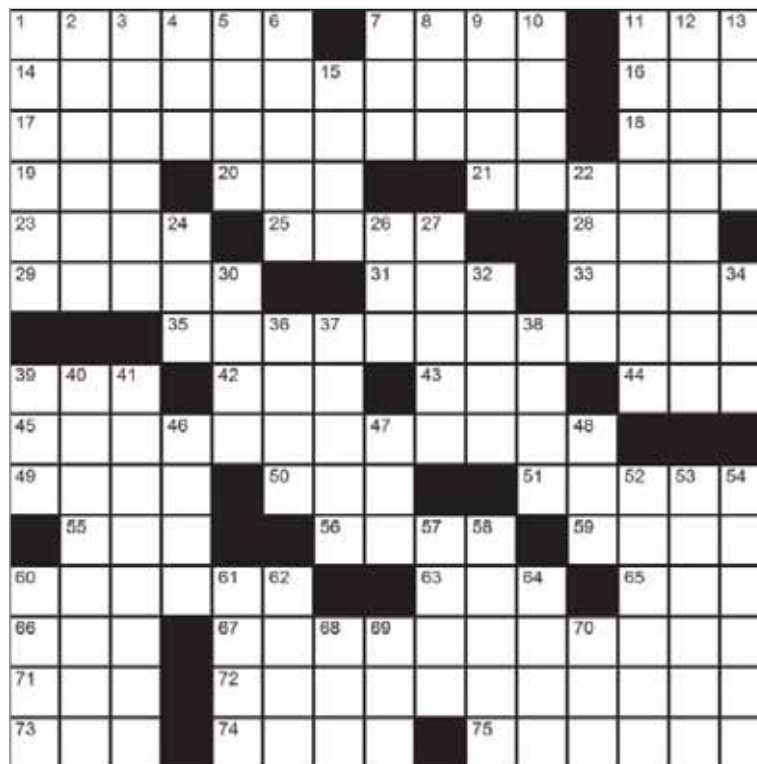
Feb. 20 - March 20

There are a lot of things going on behind the scenes and with tomorrow's new moon you could find yourself involved in plots and conspiracies. Make a point of taking none of it too seriously. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Reversible patterned fabric
7. Poetic foot
11. Utah's cap.
14. June 12th, 2014 in Ontario this year: 2 wds.
16. Golf club part
17. Hits for this Canadian band include a cover of The Rolling Stones song at #35-Across
18. Ms. Landers
19. Beatles: "___ Mine"
20. Eastern prov.
21. Become soggy: 2 wds.
23. Survive
25. Saturate
28. '___' in Edmonton
29. Loosen
31. Mr. Howard
33. City haze
35. As per #17-Across, it goes: "Down to me, the change has come...": 3 wds.
39. Panda symbol org.
42. Mr. Knotts
43. Honey maker
44. Parisian possessive
45. Nova Scotia: Eglise Sainte-Marie is North America's largest what?: 2 wds.
49. 'Switch' suffix
50. Blinker
51. Emcees
55. Mil. titles



56. Millennium divs.
59. "Magnum, P.I." setting
60. Swedish tennis great Stefan
63. Old high note
65. Mai ___ (Cocktail)
66. Here: Spanish
67. Tailoring tasks

71. ___-de-sac
72. Songbirds listed as 'Threatened' on Ontario's Species at Risk list, Eastern ___
73. Monogram of the horror author (b.1890 - d.1937) who created the monster Cthulhu

74. Fasteners
75. Actor Gary Down
1. "I Love Lucy", A ___ Production
2. Director Robert
3. "Not the ___ hint of a..."
4. High card

5. Pace
6. Sky high toys
7. 'Benedict' suffix
8. Li'l court prosecutor
9. Ms. Helgenberger
10. Memory unit
11. BC: Granite monolith in Squamish, ___ Chief

12. Elvis: "Are You ___ Tonight?"
13. Penny
15. "Love Rollercoaster" by The ___ Players
22. Musician/radio personality John
24. Ancient war god
26. Coming-in-plane, e.g.
27. Dried seaweed
30. Michael ___ (The Neverending Story author)
32. Big Apple denizen
34. Theatrical monogram
36. Exhausted
37. Britannica, e.g.
38. ___savvy
39. Vince McMahon's org.
40. 2014 FIFA ___ Brazil
41. As per #40-Down, the second 'F' of FIFA
46. Amount of medicine
47. "___ Haw"
48. Owl's chirp
52. Enlightenment, in Zen Buddhism
53. "I appreciate that"
54. Geneva's country, in French
57. Roman ruler
58. Deli side orders
60. Per
61. Highway exit
62. Hilarity
64. Mythical Hun king
68. Identify
69. Mr. Begley Jr.'s
70. Singer Janis

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	5	7	2	8	1	9	4	3
3	2	1	4	9	5	6	7	8
8	9	4	3	7	6	1	2	5
2	8	5	6	4	7	3	1	9
7	6	9	1	5	3	4	8	2
1	4	3	8	2	9	7	5	6
5	3	8	9	1	4	2	6	7
9	1	2	7	6	8	5	3	4
4	7	6	5	3	2	8	9	1

6		1		5				
			4				8	
	5			2		7		
9		3	6		2	5		
	7						9	
			4	7		9	3	2
		5		8			2	
	3				1			
				7		8		3

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22°/8°
Variable

Friday

14°/10°
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